








# November 2024

|   |                             |
|---|-----------------------------|
|    | All levels Fitness Programs |
|   | Special Event               |
|  | All Levels weight training  |
|  | Endurance Cardio / Strength |
|  | Mod - High Challenge        |
|  | Aqua                        |
|  | Mindful Practices           |

All classes are based on membership plans

| Sunday   | Monday   | Tuesday   | Wednesday      | Thursday  | Friday                            | Saturday  |  |
|--|--|---|----------------|---|-----------------------------------|---|--|
| 27   | 28<br>Cardio Drumming 9:00<br>Chair Yoga 10:15 | 29<br>Build 8:30  | 30             | 31  | 1<br>Pilates 9:00<br>Build 11:00  | 2<br>Vinyasa 9:00   |  |
| 3<br>Full Body Strength 10:30                          | 4<br>Cardio Drumming 9:00<br>Chair Yoga 10:15  | 5<br>Build 8:30<br>Gym Orientation 1:00   | 6<br>TBD 9:00  | 7<br>TBD 6:30   | 8<br>Pilates 9:00<br>Build 11:00  | 9<br>Alzheimer's Walk and Brain Health Talk   |  |
| 10<br>Gym Orientation 9:00<br>Full Body Strength 10:30 | 11<br>Cardio Drumming 9:00<br>Chair Yoga 10:15 | 12<br>Build 8:30  | 13<br>TBD 9:00 | 14<br>Gym Orientation 10:00<br>TBD 6:30   | 15<br>Pilates 9:00<br>Build 11:00 | 16<br>Vinyasa 9:00  |  |
| 17<br>Full Body Strength 10:30                         | 18<br>Cardio Drumming 9:00<br>Chair Yoga 10:15 | 19<br>Build 8:30<br>Gym Orientation 1:00  | 20<br>TBD 9:00 | 21<br>TBD 6:30  | 22<br>Pilates 9:00<br>Build 11:00 | 23<br>Vinyasa 9:00  |  |
| 24<br>Gym Orientation 9:00<br>Full Body Strength 10:30 | 25<br>Cardio Drumming 9:00<br>Chair Yoga 10:15 | 26<br>Build 8:30  | 27<br>TBD 9:00 | 28<br> | 29<br>Pilates 9:00<br>Build 11:00 | 30<br>Vinyasa 9:00  |  |
| 1<br>Full Body Strength 10:30                          |  | <p>One on One Personal Training is available by appointment all days and evenings of the week<br/>All training comes with a personalized exercise program to follow</p> <p>Special events are at no cost to Country Pointe Meadow member Residents<br/>Call to schedule your health and fitness consultation or gym orientation<br/><b>631.317.3229 or email <a href="mailto:theresa@changesforlife.net">theresa@changesforlife.net</a></b></p> |                |   |                                   |  |  |